OFF TO THE

U.S.S.R.

IDENTIFICATION

Name _____

Address _____

_____

Telephone _____ Birthdate _____

IMPORTANT NUMBERS

Airline Ticket # _____

Passport # _____

Visa # _____

Traveler's Checks # _____

IN THE SOVIET UNION

Group Leader's Name _____

Sputnik Guide's Name _____

ITINERARY:

DATES	CITY	HOTEL / ADDRESS

OFF TO THE U.S.S.R.

You have a whole world to discover—a world of interesting people, many nationalities, cultures, and customs, all to be found in the Soviet Union.

In this booklet you will find just about all the practical information you need to know for your tour as well as some useful background information about this huge and diverse country.

It is our hope that this will contribute to both your understanding of the Soviet Union and to your personal enjoyment of the tour.

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This Manual Written and Edited by
Kathy Rothschild

An Introduction

to the Soviet Union

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A FAMILY OF NATIONS

The USSR is a vast country, a collage of deserts, grassy plains, dense forests, mountains and glacial expanses, covering one-sixth of the earth's land surface and extending approximately 6000 miles from the Lithuanian Republic in the west, to Ratmanov Island in the Bering Strait, near Alaska. Across this panorama have flowed countless waves of peoples and armies over the centuries, from Greek and Roman traders in ancient times to Vikings, Tartars and Huns in the early medieval period. Traces of these peoples and cultures have endured and contribute to the linguistic, artistic and racial diversity of the modern multi-national Soviet state. On November 7, 1917 (25 October according to the old style Russian calendar), a socialist tradition, that became the Soviet Union was born under the leadership of the Bolshevik Party headed by Vladimir I. Lenin. The young Soviet state survived severe years of Civil War and intervention (1917-1921) and began the reconstruction of the country's ruined economy. The war with Nazi Germany was a terrible ordeal for the Soviet people. It was here at the eastern front that the greatest battles of World War II took place with 20 million Soviet lives lost and 1700 towns leveled. Despite these severe setbacks, the Soviet Union has survived and rapidly developed.

Approximately 270 million people live in the Soviet Union today, representing more than 100 different nationalities. While the 1975 census reveals the Russians and the Ukrainians as the largest population groups, the national integrity of other groups is respected: in newspapers and books published in more than 60 languages; Radio Moscow's broadcasts in 80 languages; encouragement and recognition of native cultural expression in the arts; and educational instruction provided in native languages on all levels. The 15 Soviet Republics reflect major

nationality groups and include within them Autonomous Republics, Regions and Areas to provide for smaller nationality clusters. These regional divisions provide a focal point for indigenous national identification from which the various nationality groups have spread, blended and intermarried throughout the Soviet Union. It will help to learn the names of the 15 Republics together with their capitals:

1	Russian S.S.R.	Moscow
2	The Ukrainian S.S.R.	Kiev
3	Kazakhstan S.S.R.	Alma-Ata
4	Uzbekistan S.S.R.	Tashkent
5	Byelorussian S.S.R.	Minsk
6	Georgian S.S.R.	Tbilisi
7	Azerbaijan S.S.R.	Baku
8	Moldavian S.S.R.	Kishinev
9	Lithuanian S.S.R.	Vilnius
10	Kirghizian S.S.R.	Frunze
11	Tadjik S.S.R.	Dushanbe
12	Armenian S.S.R.	Yerevan
13	Latvian S.S.R.	Riga
14	Turkmenian S.S.R.	Ashkabad
15	Estonian S.S.R.	Tallinn

The population of the Soviet Union ranks third in the world, after China and India. With the great loss of Soviet lives in World War II, there is now a greater proportion of women, although a decreasing one; the current ratio of females to males is approximately 106 : 100.

GOVERNMENT

"All power to the Soviets" was the slogan of the Bolshevik Party in 1917. It is no surprise to find that the Soviet Union is now governed by soviets (Councils) at

every level, local, regional and national. Republic and National Deputies are elected by direct secret ballot. Any citizen, man or woman, may vote at 18 years of age (and most do—in 1974, 99.9%!). The highest body of state power in the country is the Supreme Soviet of the U.S.S.R. In the elections of 1974, 1,517 deputies were elected, of whom 498 were workers, 271 collective farmers and 475 (31.3%) were women. In all, 61 nationalities were represented. The Supreme Soviet of the U.S.S.R. consists of two chambers: the Soviet of the Union with one deputy for every 200,000 people and the Soviet of the Nationalities with 32 deputies from each union republic, 11 deputies from each autonomous republic, five deputies from each autonomous region and one from each national area. Thus the forms of representation to the Soviet of Nationalities depend on the type of governmental organization of a group rather than on the size of its territory or population. The Supreme Soviets of the USSR and those of the National Republics are elected every four years, local Soviets every two years. The highest executive and administrative organ of state power in the Union as a whole and its Republics is the Council of Ministers appointed by the Supreme Soviet for each branch. There are both All-Union and Union Republic ministries.

Deputies are not paid for their services but are given expenses while on government business and continue to receive wages from their places of employment during government service.

The Communist Party, numbering approximately 15 million, including members from 100 nationalities, is the only political party. The Party is not represented separately in the Government but plays a leading role. Deputies to the Soviets are chosen from both Communist Party and non- Party groups. Decrees on major policies are signed jointly by the Government and the Party.

ECONOMY

The USSR is a socialist country with a centrally planned economy. This means that the land and its resources, all means of production, industry and mines, transportation and communication, are publicly owned. So, too, are the cultural and social institutions: schools, hospitals, resorts, museums, theaters, institutes and universities, and publishing houses. The Soviet economy develops according to a unified state plan. The plans usually cover a period of five years.

These five year plans are discussed and adopted at Communist Party Congresses. Long before its congress, the Party presents the plans for nationwide discussions and adopts the directives which form the basic outline of the five year plan drawn up by the U.S.S.R. Council of Ministers. Each state submits its own plans to the Council. Now the relevant ministries and departments, trade unions, scientific workers, and prominent specialists work out a final draft plan for the country's economic development. This is submitted to the Supreme Soviet of the USSR for final discussion and endorsement. When the state plan has been approved by the Soviet Parliament, it becomes law.

EDUCATION

Education is free from first grade through graduate school. Universal and co-educational education is compulsory from the age of 7 for 10 years. About 35 percent of the young children attend optional pre-school programs. Parents pay a fee to cover the cost of food only.

There are many different types of specialized schools which students may choose to attend: foreign language schools, technical schools, vocational schools and schools for the study of the fine arts. Maintenance stipends are granted all students in institutes and univer-

sities who do good work in their courses. Many workers (about 50 million) study in evening shifts or by correspondence courses to raise their qualifications (and assure higher pay on the job), to prepare to enter college or for their own pleasure.

TRADE UNIONS

In the Soviet Union the main task of providing all conditions necessary for the work and rest of the Soviet people has been entrusted to trade unions. They, jointly with the health authorities, run immense numbers of vacation and rest homes and sanitariums. They administer all social insurance funds covering the worker. Sports plays a large part in their activities.

Trade unions are the largest mass organizations of the Soviet working people and have a membership of 102 million. Trade unions in the U.S.S.R. are organized on the factory or industry principle. All workers at one enterprise, in one branch of industry, irrespective of their profession, belong to one trade union. Not a single piece of legislation dealing with questions of labor wages or living and working conditions can be passed in the U.S.S.R. without the consent of the trade unions. The trade unions conduct extensive cultural, educational and recreational work.

HEALTH

The organization of health services is on a state basis. Prevention is the principle of the Soviet public health system. There are local polyclinics available to everyone. They keep abreast of the health, living and working conditions of all their patients. All women are asked to come to regional clinics regularly for check-ups by a gynecologist. All patients suffering from chronic ailments are registered and have regular compulsory check-ups.

AGRICULTURE

Though the territory of the Soviet Union is vast, not all of it is suitable for agriculture. Less than a quarter of the entire land can be used for agricultural production. Land in the U.S.S.R. is national, state property. It is neither bought nor sold. The bulk of the farmland is used by collective farms (kolkhozes) and by state farms (state-owned agricultural enterprises). Collective farms are voluntary cooperatives of farm workers. The state grants free and permanent use of the land and provides modern equipment, chemicals and, whenever necessary, loans. Moreover, the state is the chief wholesale buyer of the products of the collective farms, guaranteeing them a permanent market. Collective farm property—farm buildings and machines, livestock and output—belong to all member-farmers. State farmers receive a wage, just as industrial workers do, in amounts coming closer to industrial workers and function through trade unions.

A big program is now under way, with larger investments than ever before for improvement of agricultural production through intensification and specialization and application of modern technology. There is great emphasis on inter-collective farm and inter-state farm cooperation in development of agro-industrial enterprises. Underway also is a big program of irrigation, land amelioration and use of chemical fertilizers.

ORGANIZATIONS INTERESTED IN YOUTH AND THE USA

Union of Soviet Societies for Friendship and Cultural Relations with Foreign Countries

In response to increased communication and cooperation between countries, 60 regional and local Friendship Society branches have been formed throughout the U.S.S.R. Friendship Societies play a major role in welcoming foreign visitors, arranging lectures and cultural activities and, in general, facilitating contact between the people of the U.S.S.R. and other countries. These societies are staffed largely by volunteers and have members from all walks of life. In the cities you visit, members will welcome you into their homes, organize picnics, discussions and seminars with Soviet young people, and bring you together with Soviet people in occupations similar to yours.

U.S.S.R.–U.S.A. Society

This association provides people in the USA with information about the Soviet Union and also circulates information about the USA in the Soviet Union. It arranges exchange visits between the USA and USSR. The Society is affiliated with the Union of Soviet Societies for Friendship and Cultural Relations with Foreign Countries and is headquartered in Moscow.

Institute of USA and Canada Studies

This is an academic institution and integral part of the Academy of Sciences. It is set up for the study of the USA and Canada in all aspects of life and culture. It has a special monthly publication, "США", (U.S.A.)

Soviet Youth Organizations

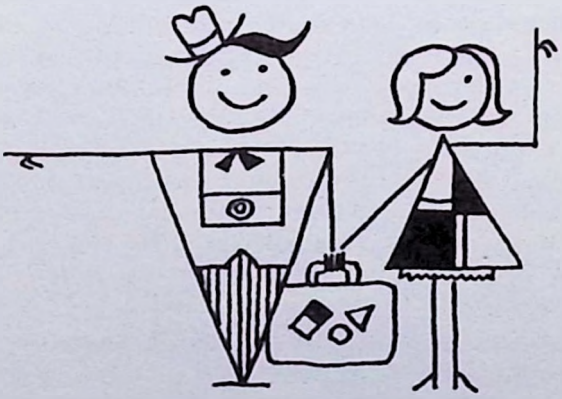
YOUNG PIONEERS. Children 10-15 are eligible for membership in the Young Pioneer Organization, a voluntary organization with approximately 25 million girls and boys, identifiable by their bright red scarves and blue pants. Young Pioneers participate in recreational and cultural activities (ranging from dance classes to young cosmonaut clubs) group camping, but the purpose of the organization is not only to provide children with fun learning experiences; it promotes their physical and moral development and an awareness of their social responsibilities. The Pioneers have their own newspaper *Pionerskaya Pravda,* with a circulation of more than 10 million and contacts with children's organizations in more than 60 countries.

YOUNG COMMUNIST LEAGUE. At age 14, young men and women become eligible for membership in the Leninist Young Communist League (YCL), known as the Komsomol. About 34 million young people, ages 14-28 are members of more than 430,000 local Komsomol clubs throughout the Soviet Union. The Komsomol performs a variety of services: welcoming and entertaining foreign youth groups, maintaining contact with youth throughout the world, directing the Young Pioneer Organization, publishing and distributing its own daily newspaper and 26 youth magazines in 22 languages, and producing youth-oriented radio and television programs. In addition, it provides social, recreational, educational and community service opportunities for its own membership.

In practice, "youth" and Komsomol affiliation generally include young adults to age 35. At age 18, one may apply for membership in the Communist Party of the Soviet Union upon recommendation of the YCL or adult Party branches. Between 1966 and 1971, 1,350,000 YCL'ers joined the Party. The Komsomol play a leading role in the building of new cities, and new industrial projects such as the construction of the great new Baikal-Amur Railroad in Siberia, opening up the whole surrounding region.

CYO—COMMITTEE OF YOUTH ORGANIZATIONS. CYO is the international representative of all Soviet youth organizations, the largest being the Komsomol. It has ties with youth organizations of 129 countries. In the United States, some of these are: American-Soviet Youth Forum, Future Farmers, National Council of American-Soviet Friendship, Young Men's Christian Association, Young Workers Liberation League, just to name a few.

Things to Know Before You Go



NECESSARY DOCUMENTS

Passport

To enter the U.S.S.R. a valid national passport and a Soviet visa are required. Your passport should be valid for two months beyond your date of departure from the U.S.S.R. A USA passport is issued by the U.S. State Department for a fee of $12.00. A birth certificate, one identification and two photos are required. It will take at least three weeks for processing. Under exceptional circumstances it can be issued in two to-three days with a cover letter from Anniversary Tours.

Visa

The Soviet visa is issued by the U.S.S.R. Consulate in Washington D.C. You are required to file a simple application form and enclose four photographs (1½ x 1¾) and a xerox copy of pages 2 and 3 of your passport. The actual visa application will be handled and processed through Anniversary Tours. You should allow one month for the processing. The Soviet tourist visa is valid for entry and exit from the U.S.S.R. only during the time period specified and only for visiting the cities itemized on the visa. Remember you must have a valid passport before you can apply for a visa.

Health Requirements

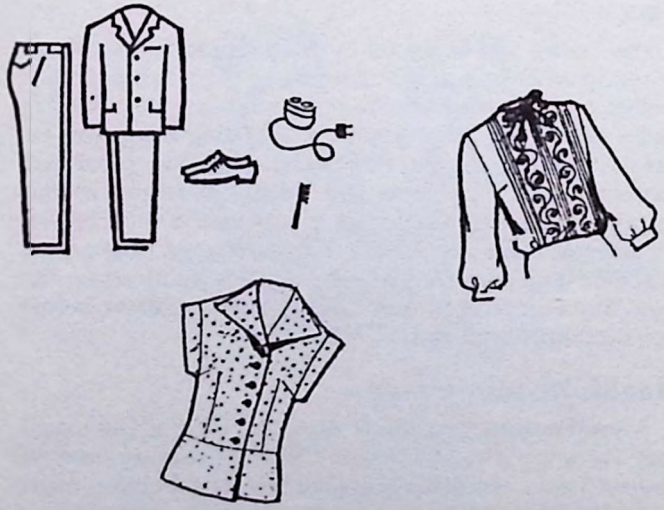
A smallpox vaccination is wise, but is no longer necessary for entry into the Soviet Union or re-entry into the United States. No other shots are required, but you might want to check with your family physician, especially if you are planning on traveling to other countries as well. It is always a good idea to have an up-to-date tetanus shot.

U.S. Customs

Any photographic or electronic equipment (tape recorders, radios, etc.) that you plan on taking with you which was not made in the U.S. should be registered with the U.S. customs office in the airline terminal before you leave. The procedure will take only five minutes and will preclude any question of ownership at U.S. Customs when you return.

WHAT TO BRING

Clothing



Generally in cities you should dress simply, comfortably, and neatly. Soviets give a lot of thought to the effect their appearance has on others and try to look as pleasant as possible. At resorts, clothing is more casual.

During the fall and spring it is suggested that warm clothing be taken. Sweaters are useful any time of the year, so is a raincoat. During the winter, temperatures call for heavier coats, warm waterproof boots and a head covering which really keeps out the cold. Think in terms of clothing that can be layered so that you can add or remove as temperatures dictate.

For women, pants suits are acceptable everywhere, and long skirts for the evening are becoming popular, but certainly not necessary. Halter tops, shorts, and the like are not recommended in the cities. For men, a tie and suit are not necessary. A sports jacket will do just fine. And in most circumstances, a shirt and pair of pants will suffice. The wearing of shorts, however, even in the summer, is looked down upon, except at a beach). The most important item for everyone to bring along is a comfortable pair of walking shoes, for although a bus may take you from place to place, once at your destination you will do a lot of walking.

Before packing, check out the weather chart for each of the cities you will visit to figure out what to bring. Remember, pack as light as you can since you will be responsible for carrying your own suitcase.

temperatures (Fahrenheit)

All temperatures shown are averages. Days of rain are averages per month.

CITY	JAN.			FEB.			MAR.			APR.			MAY			JUNE			JULY			AUG.		
	HIGH	LOW	RAIN	HIGH	LOW	RAIN	HIGH	LOW	RAIN	HIGH	LOW	RAIN	HIGH	LOW	RAIN	HIGH	LOW	RAIN	HIGH	LOW	RAIN	HIGH	LOW	RAIN
Alma-Ata	24	14	5	27	17	5	35	24	6	56	46	5	66	56	4	74	64	4	79	69	2	77	67	3
Brest	49	39	11	50	38	8	53	40	9	58	44	10	63	48	10	68	53	11	71	56	12	72	57	12
Dushanbe	38	25	4	42	30	4	54	44	5	65	53	4	75	63	3	83	72	2	87	74	1	83	70	1
Erevan	29	15	7	34	18	5	50	30	7	66	42	9	76	50	11	87	57	2	95	63	1	92	64	3
Irkutsk	0	11	3	7	-6	3	21	8	2	36	27	4	52	41	8	67	52	7	70	58	9	66	54	11
Khabarovsk	13	0	3	23	6	6	33	19	5	46	34	7	54	43	10	63	52	13	70	60	13	76	64	12
Kharkov	28	17	10	31	19	8	38	26	7	51	39	9	65	53	8	70	58	9	74	62	11	72	60	10
Kiev	27	16	10	30	18	8	37	25	6	50	38	9	64	52	8	69	57	9	73	61	10	71	59	10
Leningrad	23	12	8	24	12	8	33	18	6	45	31	7	58	42	8	66	51	9	71	57	10	66	53	13
Moscow	14	5	11	19	8	9	29	15	8	43	29	9	60	42	9	67	50	10	71	54	12	68	51	12
Odessa	36	17	7	38	19	4	45	32	5	56	40	6	69	54	6	77	60	7	81	66	6	80	66	5
Rostov	23	10	7	25	13	4	32	19	6	45	32	6	52	45	5	64	53	6	68	58	6	66	53	5
Sochi	44	34	7	45	35	8	48	36	6	56	44	5	68	56	5	76	62	3	81	69	1	80	68	1
Sukhumi	45	35	7	46	37	8	49	37	6	57	45	5	68	58	5	77	63	3	82	70	1	81	68	1
Tashkent	36	24	4	40	28	4	52	40	5	64	52	4	74	62	3	82	70	2	86	74	1	83	70	1
Tbilisi	32	16	7	35	18	5	53	33	7	67	43	9	78	51	2	88	58	2	96	64	3	93	65	3
Volgograd	20	9	7	23	11	4	30	18	6	43	31	6	51	45	5	62	50	6	66	55	6	64	52	5
Yalta	39	30	9	41	32	5	45	36	7	54	42	6	65	52	4	74	60	5	78	65	4	79	64	4

CITY	SEPT.			OCT.			NOV.			DEC.		
	HIGH	LOW	RAIN	HIGH	LOW	RAIN	HIGH	LOW	RAIN	HIGH	LOW	RAIN
Alma-Ata	67	57	4	54	44	4	35	25	4	30	20	4
Brest	69	54	13	61	49	11	55	44	10	50	41	11
Dushanbe	73	60	2	62	50	2	52	40	2	43	41	3
Erevan	83	55	1	69	45	4	50	34	6	38	26	7
Irkutsk	52	40	8	38	26	6	3	-9	4	4	-8	4
Khabarovsk	68	55	10	55	42	6	36	24	4	20	8	3
Kharkov	63	51	7	52	41	7	39	28	9	32	20	7
Kiev	62	50	7	51	40	7	39	27	9	32	20	7
Leningrad	57	45	10	45	37	10	34	27	10	26	18	10
Moscow	56	42	9	44	33	11	28	21	10	17	10	9
Odessa	72	53	4	61	42	5	50	31	5	42	21	6
Rostov	57	45	4	44	34	5	34	22	5	27	14	6
Sochi	73	61	5	64	54	6	57	44	8	48	36	8
Sukhumi	74	61	5	65	55	6	57	45	8	48	37	8
Tashkent	72	60	2	60	49	2	51	39	2	42	40	3
Tbilisi	84	55	1	69	45	4	51	35	6	38	26	7
Volgograd	55	43	4	43	33	5	32	20	5	25	13	6
Yalta	71	57	5	63	50	6	50	39	7	43	35	11

Extras

There are a few extra things to bring along with your clothes. Some are obvious, such as your own supply of tissues (important since you may not always find toilet paper in public facilities), soap, toothpaste, and laundry detergent. Other useful items are a flat rubber sink stopper and remedies for cold, headache, diarrhea and constipation. If you wear glasses, if possible, bring an extra pair. If you take prescription medicine, bring an extra supply and a copy of the prescription in generic terms. Women, please bring along all feminine hygiene items you will need.

Baggage

Each passenger is entitled to have two suitcases, total weight no more than 44 pounds. Charge for overweight is $3.72 per pound. The wise tourist will travel with only one suitcase (to be checked) and carry the balance in a flight or tote bag, pack or other hand luggage. With the exception of camera, and a coat, the extra carried on to the plane has to be entered into the weight computation of 44 pounds.

Remember the 44 pound limit applies on the return trip as well. You may make purchases in the Soviet Union which will add to your luggage weight. Better to start out lighter.

You may put your own address tag on your luggage, but Anniversary Tours will supply you with tour tags for all your luggage. No substitute will do. Your leader and guide will look for these when hunting for bags.

Money, Travelers Checks and Currency

Use travelers checks for any large sum. Checks and currency can be exchanged at official offices and tourist hotels or at banks, but *not elsewhere*. Change only as much money as you think you will use as it is not easy to change money back.

You will most likely purchase souvenirs at the special Soviet stores which accept only "valuta" (American dollars, British pounds, etc.) — stores usually frequented, because prices are somewhat lower. It is advisable to have some one-dollar or five-dollar U.S.A. bills and small change for this purpose.

In deciding how much money to bring with you, take note of the list of items included in the total program cost. Remember, however, that on occasion, you may wish to eat in restaurants, go to the theater and museums on your own, etc. You will probably be buying souvenirs and gifts as well. The amount you bring depends on how much shopping you intend to do for the folks back home.

A word of warning against black marketeers: The Soviet Union has not managed to prevent their activity completely. They are often younger people who think they will succeed best with people their own age. You may be approached. *Do not* enter into any illegal transactions. You are subject to all Soviet laws and may ruin the trip for the whole group by not respecting them.

Gifts

Soviets are very fond of giving gifts. At first meeting, your new Soviet friends will almost always have some small token gift for you. These are usually "znachki", pins that are meaningful to them. These will in some way represent their country and important events or persons connected with the life of their country. It will be good if you bring buttons that are meaningful to you to offer them or to give in return for "znachki" received. For example, buttons about people's rights, pins from your union, recreational organization, schools, etc. Remember: You can never have enough, bring plenty.

Posters and Postcards

All types of posters are very popular. As for postcards, it is good to have a fair amount of them. Some with pictures of the area where you live will be very much appreciated; others can be national scenes where you may have visited.

Pictures of Yourself

It is a good idea to carry a few. Put your address on the back. This is an excellent way to open lines of communication. People are always interested in pictures of your family, school or place of work. You may want to take some just to show.

Records and Other Gifts

Records — jazz, rock and folk music are excellent gifts for communication and cultural exchange with the Soviets. Also such things as frisbees, scarves, stamps, paperback books (picture books such as Sierra Club Books), pantyhose (average or tall size), neckties and cheap but attractive costume jewelry are fine. Most appreciated would be any arts and crafts you do yourself, such as beads, macrame, crocheting, drawing and photography, etc. Do not bring chewing gum as gifts. parents

don't want their kids chewing it. If you are asked for gum, by kids, give buttons instead. Also, they have all the ball point pens they need, but felt tips make nice gifts.

About Your Life

Bring pictures, colorful work materials, school catalogues and community newspapers, information about campus and community organizations, etc. which depict your life and work. The Soviets you meet will be interested in learning about life in the U.S.

USEFUL HINTS

Photography

You may take pictures of anything except airports and planes, railroad stations, docks and dams and military sites. Also, at no time may you take pictures from airplanes or trains. It is always best to ask people you want to photograph whether they are willing.

Bring all the film you will need. Soviet film can only be developed in the U.S.S.R.

Electrical Appliances

Be sure anything electrical you bring — shaver, hair dryer, etc. is equipped for 220V as well as 120V. Also be sure you have an adapter plug (2 cylindrical prongs).

Time Changes

Moscow time is eight hours ahead of Eastern Standard time, seven hours during daylight saving time. Rest up before you leave.

RUSSIAN ALPHABET

Russian		Character	English Equivalent	Name and Phonetic Pronunciation	Phonetics Used
А	а	*А а*	a	*(ah)* in *father.*	ah
Б	б	*Б б*	b	*(beh)* as *b* in *box*	b
В	в	*В в*	v	*(veh)* like *v* in *vat*	v
Г	г	*Г г*	g	*(geh)* like *g* in *get*	g, gh
Д	д	*Д д*	d	*(deh)* like *d* in *desk*	d
Е	е	*Е е*	e	*(yen)* like *ye* in *yet*	e
Ё	ё	*Ё ё*	—	*(yaw)* like in *yawn*	—
Ж	ж	*Ж ж*	zh	*(zheh)* as *s* in *measure*	zh
З	з	*З з*	z	*(zeh)* like *z* in *zenith*	z
И	и	*И и*	i	*(ee)* as *ee* in *need*	ee
Й	й	*Й й*	—	combination with vowel	—
К	к	*К к*	k	*(kah)* like *k* in *key*	k
Л	л	*Л л*	l	*(el)* as *l* in *like*, i.e. soft l,	l
М	м	*М м*	m	*(em)* as *m* in *man*	m
Н	н	*Н н*	n	*(en)* like the English	n
О	о	*О о*	o	*(o)* like *o* in *not*	o
П	п	*П п*	p	*(peh)* like the English *p*	p
Р	р	*Р р*	r	*(reh)* like *r* in *arrow*	r
С	с	*С с*	s	*(ess)* as *s* in *miss*	s
Т	т	*Т т*	t	*(teh)* like *t* in *take*	t
У	у	*У у*	u	*(oo)* as *oo* in *pool*	oo
Ф	ф	*Ф ф*	f	*(ef)* as *f* in *fit*	f
Х	х	*Х х*	kh	*(khah)* as *kh* in *khan*	kh
Ц	ц	*Ц ц*	ts	*(tseh)* as *ts* in *its*	ts
Ч	ч	*Ч ч*	ch	*(cheh)* as *ch* in *chance*	ch

RUSSIAN ALPHABET

Russian		Character	English Equivalent	Name and Phonetic Pronunciation	Phonetics Used
Ш	ш	*Ш ш*	sh	*(shah)* like *sh* in *ship*	sh
Щ	щ	*Щ щ*	shsh	*(shshah)*	shsh
Ъ	ъ	*ъ*	—	hard mark	—
Ы	ы	*ы*	—	*(yery)* as *i* in *bit*	y
Ь	ь	*ь*	—	soft mark	—
Э	э	*Э э*	e	*(eh)* like *e* in *mend*	e
Ю	ю	*Ю ю*	yoo	*(yoo)* like *yu* in *yule*	yoo
Я	я	*Я я*	yah	*(yah)* when unaccented *ya*	yah , ya

Metric System

conversion table

Weight: 100 grams = 3.5 oz.
1 kilogram (kilo) = 2 lbs., 3 oz.
5 kilograms = 11 lbs.

Volume: 1 liter = 1.05 quart
5 liters = 1.32 gallon
10 liters = 2.64 gallons

Distance: 1 cm (centimeter) = .4 inch
1 m (meter) = 39.37 inch
1 km (kilometer) = 5/8 mile

Temperature: Fahrenheit to Centigrade (−32) x 5/9
Centigrade to Fahrenheit (x1.8) + 32

Drugs

There is absolutely no toleration of bringing, using, or selling illegal drugs in the Soviet Union. The U.S. Embassy can be of no help to you if you are arrested.

Soviet Currencies

You may not bring any Soviet currency into the Soviet Union. And remember to change money only at official places. No rubles may be taken out of the Soviet Union.

Soviet Customs

Unacceptable or offensive literature should be left at home. (e.g. anti-soviet literature, pro-war books, pornographic magazines or books, more than one copy of any religious material, etc).

Soviet Holidays

January 1	New Year's Day
February 23	Soviet Army Day
March 8	International Women's Day (originated in New York City in 1910 by women garment workers)
May 1-2	May Day (International Labor Day —originated in Chicago in 1886)
May 9.	V. E. Day (1945) Victory in Europe
November 7-8 . . .	Anniversary of Great October Socialist Revolution (October 25 on the Old Russian Calendar)
December 5	Constitution Day (1936)
Special Day	September 1 is the first day of school

Tipping

This is not a custom in the Soviet Union. It is always nice to have an extra postcard, button, etc. to give when someone has been helpful.

Welcome to the U.S.S.R.

ON ARRIVAL AT THE AIRPORT

Passport Control

When you arrive at the airport you will go directly from the aircraft to passport control. Here you will present your passport and visa to the border official where your visa will be stamped and the first page removed.

Customs Declaration

After passport control, you will fill out a customs declaration form. Always make sure that every currency exchange transaction is entered and stamped on the back of it. All currency (travelers checks and cash separately) which you are carrying, must be declared in both numbers and words on this form. Keep your customs declaration in a safe place since it will be needed each time you change money and on your departure from the Soviet Union. Your customs declaration, visa and passport are vital documents. Make sure not to lose any of them. If you do, notify your group leader and your guide immediately.

Baggage Claim

When you have completed your customs form you will go to the baggage claim area, pick up your luggage and take it to a customer counter.

U.S.S.R. Customs

The customs official may or may not wish to examine the contents of your luggage. Most of the time you will pass through without your luggage being opened. (Be sure you have read Soviet Customs, in the event that your luggage is inspected.)

GROUP PROGRAM

Sputnik

This organization is responsible for your program in the U.S.S.R. The Sputnik International Youth Tourist Bureau is a Soviet youth tourist organization specializing in group travel to the U.S.S.R. for foreign youth, as well as in travel both abroad and at home for Soviet young people. The Bureau is responsible for youth, students, and schoolchildren tourism on a nationwide scale. Sputnik runs its own modern hotels and youth resorts and has at its disposal experienced guides/interpreters as well as all the necessary facilities to make the stay of foreign tourists in the Soviet Union comparatively inexpensive and at the same time meaningful and enjoyable.

Sputnik Guide-Interpreter

At the airport your group will be met by a guide- interpreter who will be joining you for the duration of your program. The Sputnik guides are young people in their twenties who are studying English. In each city visited, an additional guide will join you, to tell you the story of his or her city. Usually groups become great friends with their guides and an extensive amount of information about each others' countries is exchanged.

Hotel

Sputnik hotel accommodations are for two to four persons with shower (or bath) in the room, or with shower or bath on the floor. Young people (14-35) from around the world as well as from the Soviet Union stay here. The hotels, usually located on the outskirts of town, are always close to public transportation. In the evenings a live band often plays in the dining room. The lobby will usually have postal facilities and pay telephones. For other tourist facilities, such as theater tickets, money exchange, etc., a visit must be made to a first-class Intourist hotel, usually centrally located in town. When assigned a room you will be given a key which must be turned in whenever you leave your room. Hotel personnel usually will not speak English. If you need anything, blankets, iron, tea, etc., ask the floor lady (known as a dezhurnaya). If you plan to leave the hotel in the evenings, check and see when lockout is and be sure and be back on time. You can get in afterwards, but you will have to wake up a lot of people who will not be happy about it. Upon arriving at the hotel your passports will be collected and left with the hotel administration, sometimes for the duration of your stay. Do not be alarmed; this is normal procedure. Your customs declaration will serve as adequate identification.

The name of the hotel you are staying in is usually not known until you arrive in a city, but it is always clean, pleasant and fun. Also keep in mind the time it takes for one person to check into a hotel. Multiply that by 20 and be patient. No matter what one does, it takes time to check in a group.

Special Visits

Besides the usual sightseeing excursions, the program will include meetings and discussions with Soviet young people, visits to educational institutions and social establishments (i.e. polyclinics, nurseries, kindergartens, industrial and agricultural enterprises, research institutions and other places of special interest). These special visits are arranged in advance according to the group's interests and specialties. A typical kindergarten visit would include a welcome from the staff, a tour of the facilities, a look at some classes in action, a short performance, a meeting with the staff for a question-answer period. These special visits are very rewarding and informative. It is always a good idea to think of questions beforehand. If none are asked at the end, your hosts might think you didn't listen or don't care, and might feel insulted. Most people remember the special visits as one of the highlights of the trip.

Scheduling

Some days you may have free time to do what you like, but usually the scheduling is very tight. There is so much to see and so little time. The most important thing to keep in mind is to be on time for everything. Often the group will have a bus. Your driver is usually working with other groups. One person late throws everyone's schedule off. Your meals are ready at certain times. It throws off the kitchen schedule if you are late. If you are not going to participate in a group activity, be sure to let your leader know in advance, so the group won't be kept waiting. It goes without saying that it is especially important to be on time for special visits since people are taking time from their work to receive you.

Meals

Three full meals a day are provided. All meals are eaten in your hotel except for some lunch or dinners downtown. The meals are pre-arranged and everyone is served the same meal. If you have a special health dietary need, be sure and notify Anniversary Tours in advance so it can be taken care of. All meals come with coffee, tea and mineral water. If you plan to skip a meal, please tell your leader or guide in advance, so your meal can be cancelled. There is no refund for unused meals or services. Be on time for meals. Sometimes food is served to the reserved places, whether or not there is anyone sitting there, so your food might get cold.

Excursions

In each city you visit there will be many planned sightseeing excursions, ranging from a general city tour to museum visits. On all tours you will be accompanied by an expert guide. You can really learn a lot by going with the guide, much more than if you went on your own. Also, since the group will always have reservations, you won't have to waste time waiting in line.

FREE TIME

Shopping

Beriozka Shops is a chain of stores that accepts only U.S. and other foreign currency in cash or travelers checks. They range in size from small counters in hotels to mini department stores. You can purchase souvenirs, such as watches, fur hats, matryoshkas (wooden nesting dolls), painted wooden ware, hand-painted lacquered boxes, caviar, etc. You may want to visit a Soviet currency shop that sells books, records, or jewelry or a Soviet department store. In these shops the procedure is as follows: you pay for your purchases in advance—you begin by asking for (or pointing to) the item you wish to purchase and finding out the price. You can ask the clerk to write it down if you don't speak Russian. Next you go to the cashier, pay the amount specified and get a receipt. Then you go back to the counter, hand the clerk your receipt and receive your wrapped goods. In these stores you can only use rubles.

Public Transportation

The public transportation is excellent and cheap. The Metro is something not to be missed. Remember public transportation does not run all night. After certain hours you must call for a taxi. They are also very inexpensive.

PUBLIC TRANSPORTATION RATES:

Metro (subway)	5 Kopecks
Bus	5 Kopecks
Trolley Bus	4 Kopecks
Streetcar	3 Kopecks
Taxi — 1st Kilometer	20 Kopecks
Each Additional	10 Kopecks

Eating Out

This is a great way to spend a free evening. Keep in mind that Soviets have different dining habits from us: remember that a meal out takes up the entire evening. Restaurants are usually crowded, but it is the Soviet custom that—with the exception of a table occupied by a large group or delegation—you can join any table where there is an empty chair.

There are many types of places where you can eat out. Most eating places display a menu in the window or at the door. Many restaurants have 'live music' and dancing.

In most restaurants you can enjoy vodka, champagne, a choice of Soviet wines (very good!) or cognac with your meals. No mixed drinks. Extreme caution is urged not to overdo. Most people are not used to alcohol in large quantities and of high proof. Vodka has been distilled in Russia for ages, usually from wheat, corn or rye. Vodka is made in the same way, and from the same ingredients as whiskey or gin, but it is more thoroughly filtered. As a result the causes of hangovers have been removed. It is never sipped, but usually quickly swallowed and followed by pieces of salt herring or caviar on buttered bread.

Dining Places

Bar—Many hotels in big cities and well-known resorts have bars that serve all kinds of drinks along with caviar. Usually foreign currency must be used. They generally close at 2 or 3 a.m.

Buffet—A buffet is found in every hotel, usually serving coffee, tea and hors d'oeurves. Hours vary and are posted in hotels.

Cafe—Despite its name—a Russian cafe actually comes closer to being the equivalent of our restaurant. Found everywhere, these places serve meals and drinks until 9 p.m.; a few remain open till 11.

Ice-Cream Parlor—You can get both ice-cream and drinks (champagne fruit juice, or mineral water).

Quick food—There are many small eating places with limited menus where you can stop for a quick bite. Often they don't have seating facilities. You can also stop for a snack on the street, not franks, but pirozhoki (small turnovers with savory fillings).

Restaurant—The Russians have adapted the word restaurant to their language. But in most cases it actually means a dinner-and-dance restaurant. Between courses, a glass or two of vodka is usually downed or a whirl on the dance floor is taken. When dining out, be prepared to wait for your meal, as in many restaurants the preparation of your dish will begin only after you order. Also, don't expect automatically to receive water. Soviets simply do not drink tap water and mineral water must be ordered. Closing time is usually 11:00 p.m. If you are looking for a good restaurant, ask your guide. The spots where young people mostly go are frequented early so try to get there by six o'clock, if possible.

Theatres

There are many ballet, opera, drama and cinema theaters. The Soviet Union excels in things to see and do at very little cost. The Service Bureau at an Intourist Hotel will help you get a good taste.

There will usually be at least two theater visits included in your program, but you may attend on free nights as well. Again, talk with your guide for advice on where to find the listings of what is happening. Performances are scheduled according to a 24-hour clock and usually begin at 19:30 or 20:00.

Museums, Parks, Exhibits

The best rule of thumb is to check with your guide at the hotel desk. The major attractions will be part of your program. Be sure and check the hours and days open before you visit anywhere. Some information can be found under listings of individual cities. Remember that all over the Soviet Union, stores, museums, etc., close for one hour breaks sometime between 12:00 and 15:00.

Postal Rates

Airmail postcards cost 14 kopecks. Airmail letters cost 16 kopecks. They take from five to 21 days to arrive at their destination. If there is already some postage on the envelope or postcard, just buy a stamp to make the total 14 or 16 kopecks and place it next to it. Address the cards as you normally would, with the addition of these letters США, which is USA in cyrillic letters.

Communication

There is both cable and telephone between the USSR and USA from the Central Post Office. It costs about 11 rubles for a three minute call. Telegrams cost about 30 kopecks per word.

Local calls by pay-phone cost 2 kopecks. (Place coin in slot before picking up the receiver.) Local calls from hotel rooms are free. Calling from city to city within the Soviet Union is done at the post-office booths with the name of the city you are calling. (15 kopecks every 30 seconds) or by a voucher and paying for the call in advance so that you can receive it in your room.

Returning Home

LEAVING THE U.S.S.R.

If upon arrival at the airport you still have any rubles (try not to, it is easier) you must change them back to U.S. dollars at the airport bank, as you cannot take rubles out of the country.

After changing your money, fill out another customs declaration form. This will be compared with your original by the customs officer. With your passport, visa and two custom declarations in hand, get in line at one of the customs desks. Once again your bags may or may not be opened by the customs officer. You may not carry out icons, or major works of art. For antiques and old books, special permission is required. If in doubt, ask.

Once through customs, proceed to the airlines check-in, where your bags will be weighed (remember the 44 lb. limit) and you will receive your boarding pass.

From here you will go through passport control, where your visa will be removed from your passport. Afterwards you may proceed to the boarding area.

U.S. CUSTOMS

When returning to the U.S. first you go through passport control then pick up your luggage and pass through customs.

You will be given a customs declaration to fill out in the airplane before landing. Your exemption is $100 (retail value) on articles acquired aboard if:

1. They are for your personal use or gifts
2. They are articles which are accompanying you
3. You have not used this $100 exemption, or any part of it, within the preceding 30-day period.

Cigars and Cigarettes

Not more than 100 cigars are allowed although there is no limitation on cigarettes for personal use. This exemption is available regardless of age. Products of Cuban tobacco are prohibited.

Liquor

One imperial quart may be included if you are 21 years or older. Alcoholic beverages in excess of one quart are subject to tax.

Duty

Rates of duty on goods produced in socialist countries are considerably higher. It is best not to exceed the $100 limit. Keep in mind that the cost of gifts you have received is included in this figure.

Duty Free

Duty free articles include books, postage stamps, paintings, prints and posters.

KEEPING IN TOUCH

So, you're home—now what? Most young people return home excited about their experience and the new friends they've made. The biggest question is how does one build on an experience in the Soviet Union.

Through the help of the Youth Division of the National Council of American-Soviet Friendship, endless possibilities are open to you:

- Share your experience with your friends in your community, school or at work. We have slides and film to supplement your presentation.
- Return the hospitality you received in the USSR. We host Soviet groups in the USA.
- Organize a showing of a Soviet graphic art exhibit. We can arrange this and have the exhibits on hand.
- Write a paper of a news article on some aspect of Soviet life. We have resource materials, periodicals, books and pamphlets.
- Have a Soviet film festival. We have current feature and documentary films.

We hope you've enjoyed your trip and will want to continue building on your experience.

For further information, write to:

Youth Division
N.C.A.S.F.
156 Fifth Ave., Suite 304
New York, New York 10010
(212) 989-6677

Youth Division
National Council of American-Soviet Friendship

Founded in 1943, the NCASF has been engaged in the task of promoting understanding and friendship to build a solid foundation for peaceful cooperation between the USA and the USSR.

The Youth Division provides books, pamphlets, maps, articles, photographs, art exhibits, speakers and documentary and feature films on the Soviet Union to schools and universities throughout the country.

Through our relationships with Soviet youth organizations engaged in international exchange, we are able to arrange programs based on person to person contact between young people of both countries. Not only do they meet during our trips in the USSR, but in the USA, as well, when Soviet youth groups visit us. No other organization in the United States has the resources and the expertise to offer this experience.

Anniversary Tours—
Youth Department

In a few short years, Anniversary Tours has established a reputation as one of the nation's most unique travel organizations. This achievement stems from our basic philosophy—that travel should be more than exotic scenery, food and museums; that it should, above all, enable us to experience the excitement and adventure of warm, person-to-person contacts with peoples of all lands, to share mutual concerns and ideas, to understand different cultures and lifestyles.

We are proud to be the sole U.S. representative of SPUTNIK, the Soviet youth travel organization, as well as for youth agencies in over 30 countries in Eastern and Western Europe, Africa, Asia and Latin America.